



## CASTORIA

For Infants and Children.

**Mothers Know That Genuine Castoria**

**Always Bears the Signature of**

**of**

**Dr. J. C. W. Litchel**

**In Use**

**For Over**

**Thirty Years**

**CASTORIA**

**THE CENTAUR COMPANY, NEW YORK CITY.**

## MINERALS IN FOOD

ABSOLUTELY NECESSARY FOR PRESERVATION OF HEALTH.

Physical Ailments Sure to Result When They Are Lacking—Serve Fruit, Vegetables, Milk and Eggs Liberally.

Prepared by Laura Breese of the Department of Farmers' Institutes of the University of Wisconsin.

Some of the physical ailments resulting from mineral starvation are rickets, scurvy, pellagra and anemia. An anemic person has weakened vitality and resisting power, and is, therefore, a prey to colds, grippe and fevers.

The foods rich in minerals are vegetables and fruits, breads and cereals made from whole grains, eggs, milk and the natural rice. In the milling of the white flour, however, some of the mineral substance is eliminated, consequently their value as sources of mineral foods is reduced.

The housewife, however, can always supply her table with fruit, vegetables, milk and eggs. There are such numerous ways of serving these foods that their appearance on the table should never become monotonous.

The following recipe offers suggestions for an attractive way of serving cabbage, the mineral content of which is very high:

**Imperial Cabbage.**—One medium-sized head of cabbage; two carrots, pared; two potatoes, pared; one cupful of cooked meat or chicken (or more, if desired); two tablespoonfuls of salt, one small onion, one-fourth cupful butter, melted; a little pepper.

Remove decayed leaves of the cabbage; form a basket of the head by removing the center and allowing two layers of the outside leaves to remain attached to the core. Crisp the cabbage by allowing it to stand in cold water. Drain well.

Put the cabbage removed from the center, the carrots, potatoes, onion and meat through the food grinder, add butter and seasoning. Mix all well, and fill the cabbage with the mixture. Tie the leaves in place over the stuffing with a clean string, and place the cabbage in a tightly covered baking dish and bake about one hour. There will be no need of adding water, as there is sufficient moisture in the vegetables to steam them.

### Apple and Rice Pudding.

Peel small, tart apples, core and put them in a baking dish. Have ready one cupful of boiled rice, mix with it two cupfuls of hot milk, into which has been beaten the yolks of three eggs and one-half cupful of sugar. Stir in one-half cupful raisins, some strips of citron and, if you wish, one-half cupful blanched almonds. Put one tablespoonful of sugar into each apple and pour this mixture over them. Put in oven, covered, and bake until the apples are tender. This pudding may be frosted with the whites of eggs or served with whipped cream.

### Apple Dowdy.

Cut up apples in pudding dish in quarters (in eighths of apples are hard), sprinkle about four tablespoonfuls of sugar over the apples, a few drops of lemon extract and some bits of butter. Add about a tablespoonful of water. Make nice pie crust and cover. Bake about one hour. Eat hot with whipped cream flavored with vanilla or nutmeg. Fill dish quite full of apples, as they shrink in cooking. Can bake this Saturday and warm over in oven on Sunday.

### Hint on Broiling Fish.

Has anyone ever tried broiling fish on paper? Some call it pan-broiled. Everybody knows how fish sticks to broiler pan or any other receptacle it is cooked in, no matter how well greased. Cut thick brown paper, two inches larger than pan, so it will set well upon the sides and ends; butter and lay fish on; place pan in broiler and set quite close to gas. It will cook and brown deliciously and, best of all, leave your pan clean.—Baltimore American.

### Bread and Prune Pudding.

Soak a pound of prunes in warm water all day. Butter a baking dish and put in a layer of stale bread cut in thin slices and buttered a little, then a layer of stoned prunes, and so on until the dish is full, the last layer being bread. Beat two eggs with one-quarter cupful of sugar, add a pint of milk, pour over the prunes and bread, and bake one hour.

### Turnip Scallops.

Mince beef, mutton, duck or game very fine; add chopped onions and season to taste and a little gravy. Fill scallop shells or small cups three-quarters full and fill up with mashed turnip that has been nicely seasoned. Spread tops with soft butter and bake until nicely browned.

### Swiss Salad.

Mix one cupful of cold cooked chicken cut in cubes, one cupful of chopped English walnut meats, one cupful of French peas, one cucumber pared and cut in cubes. Marinate with French dressing, arrange on serving dish and garnish with mayonnaise dressing.

### Good Fudge.

A few drops of molasses in your fudge will prevent it from getting soggy and improves the flavor. To get the best results every ingredient should be accurately measured.

# CALOMEL SICKENS! IT'S MERCURY! DANGER

"Dodson's Liver Tone" Straightens You Up Better Than Salivating, Dangerous Calomel and Doesn't Make You Sick—Don't Lose a Day's Work—Wonderful Discovery Destroying Sale of Calomel Here.

You're bilious! Your liver is sluggish! You feel lazy, dizzy and all knocked out. Your head is dull, your tongue is coated; breath bad; stomach sour and bowels constipated. But don't take salivating calomel. It makes you sick, you may lose a day's work.

Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel crashes into your bile like dynamite, breaking it up. That's when you feel that awful nausea and cramping.

If you want to enjoy the nicest, gentlest liver and bowel cleansing you ever experienced just take a spoonful of harmless Dodson's Liver Tone tonight. Your druggist or dealer sells you a 50 cent bottle of Dodson's Liver Tone under my personal money-back guarantee that each spoon-

ful will clean your sluggish liver better than a dose of nasty calomel and that it won't make you sick.

Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up feeling fine, your liver will be working, your headache and dizziness gone, your stomach will be sweet and your bowels regular. You will feel like working; you'll be cheerful; full of vigor and ambition.

Dodson's Liver Tone is entirely vegetable, therefore harmless, and can not salivate. Give it to your children. Millions of people are using Dodson's Liver Tone instead of dangerous calomel now. Your druggist will tell you that the sale of calomel is almost stopped entirely here.—Adv.

### Improvement.

Mrs. Joseph Cowles, the new president of the National Federation of Women's Clubs, was talking in New York about dress.

"Women, once they get interested in our movement," she said, "dress more sensibly. They give less thought to dress. I may claim, in fact," Mrs. Cowles smiles—"I may claim in fact," she ended, "that these women start making their own clothes and stop picking their friends' clothes to pieces."—Exchange.

### Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

### Too Bad, Indeed.

Mrs. Commuter had lain awake with a headache till one o'clock. Then in the balance of the night she had responded to several calls for a drink, a doll, and all the other nocturnal infantile orders. At five in the morning, as she was just beginning to round out the first continuous hour of slumber, the little six-year-old girl called softly from her nearby crib:

"Mother."

No answer. Again, a little louder: "Mother!"

Mother said nothing. Again the child's voice, this time mezzo-forte: "Mother!"

"Well, what is it?"

"Mother, isn't it too bad that one of Harry McCole's pollwogs died?"

### CUTICURA COMFORTS BABY

Suffering From Itching, Burning Rash, Eczema, etc. Trial Free.

Give baby a bath with hot water and Cuticura Soap, using plenty of Soap. Dry lightly and apply Cuticura Ointment gently to all affected parts. Instant relief follows and baby falls into a refreshing sleep, the first perhaps in weeks. Nothing more effective. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

### Not the Simple Life.

Little Dorothy had acquired a fixed habit of eating Sunday dinner with her two old and beloved friends, the Browns, who lived just across the street. Coming home she found her own family seated at their table enjoying a substantial but plain dinner. A slight wave of contempt crossed her face.

"Why, what did you have for dinner?" her mother asked.

"Baked chicken, rice, hot biscuits, mashed potatoes, candied sweet potatoes, cranberries, plum jelly and other delinquencies," loftily asserted the little maid.—The Christian Herald.

### PROMPT RELIEF

can be found in cases of Colds, Coughs, LaGrippe and Headaches by using Laxative Quinidine Tablets. Does not affect the head or stomach. Buy your winter's supply now. Price 25c.—Adv.

### Only Hinted It.

George was an imp, his sister said, and she thought her mother ought to raise her children better, which made mother laugh.

"What has poor George done now?" asked mother. "Well, if you want to know," said Grace, aged sixteen, "he came into the parlor and asked Charlie to give him some money. The very idea of begging!" she exclaimed, as George himself came into the room.

"I did not ask him for money," George indignantly denied. "I said that Grace's beaux gave me a quarter every time they saw me, except one, and he was a tightwad."

If some men were to accuse themselves of being liars, lots of their acquaintances wouldn't believe them.

### Y. M. C. A. EXTENDS ITS WORK

War Has Enabled Organization to Gain a Foothold in Both Austria and Russia.

The Y. M. C. A. is one of the biggest and most efficient religious undertakings in the world. So practical is the nature of its work, and so carefully are its finances administered by competent business men that it is easier to raise money for Y. M. C. A. than for any other religious work. Plans for its world-wide activities next year call for the expenditure of \$4,500,000. The war has enlarged its European field, and \$2,000,000 of the budget will be spent there. From Switzerland to central Russia the association is now maintaining 250 graded schools and colleges which the instructors as well as students are prisoners of war. The total enrollment approximates 8,250,000 men. For the first time in its history the Y. M. C. A. has gained a foothold in Austria and Russia. There is no other religious organization that could have so promptly and so efficiently taken up the opportunities for service offered by the European war, ministering to Jews, Catholics and Protestants, all on equal footing. Along the Texas border where American troops have been stationed, the Y. M. C. A. has founded stations, and nearly 40 schools in which Spanish is the most popular course. Half a million dollars has been laid out for the work in Texas, and a million for the industrial department in various railroad centers throughout the country.—Leslie's.

A pear tree on the farm of J. S. Engle, in Shoemakersville, Pa., one hundred and sixty-three years old, is bearing fruit.

Motor cars fitted with X-ray apparatus are used extensively by the French Red Cross society.

Judge Steers of Brooklyn, N. Y., rules that a husband may legally spank a wife who refuses kisses.

The spilled milk of human kindness is the only kind worth crying over.

Tokio has 2,244,796 inhabitants.

## A Growing Custom!

The custom of placing Grape-Nuts on the table at all meals is growing in American homes.

Both children and grown-ups help themselves to this delicious food as often as they like. It contains the entire nutriment of wheat and barley, digests quickly, and is wonderfully energizing.

Every table should have its daily ration of

**Grape-Nuts**

"There's a Reason"

### KNOW WHAT HE WOULD DO

Pretty Schoolteacher Evidently Had Inspired Affection in Heart of Boy Pupil.

A charming schoolteacher whose smile brings happiness to everyone and who, moreover, has that greatest blessing, a sense of humor, tells this on herself.

She teaches what is known by some as a "subnormal" school (which very often is more normal than "sub") and the other morning several of her pupils were gathered around her reading a very interesting (?) story, such as is printed in school readers, and one sentence ran, "The little Japanese girl greeted them warmly, etc."

"What is meant by 'greet'?" asked the teacher, who by the way was showing off her pupils and the method of teaching them to an interested young man who had been brought in by the principal to watch her labors.

There was a great deal of brow-puckering and the word "greet" failed to register on any brain. Finally she said, "If I were to come into the room where you were, what would you do?"

There was a second silence and puzzled looks and then (from a tall boy of sixteen): "I'd hug you."

The visitor, with his handkerchief to his mouth, sped from the room, and his shouts of laughter could be heard a block, while the teacher, with cheeks covered with blushes, carefully explained "greet" as it was meant in the school reader.—Columbus Dispatch.

### Entertaining Was Too Strenuous.

A five-year-old boy had spent the morning at the home of a neighbor, who owns a beautiful collie pup. The youngster and little dog had romped about the lawn in high glee until, in play, the collie scratched the lad's leg with its teeth. Hurrying home the child told his mother the dog had bit him and that he was not going over to see its owner again.

"You should be ashamed to talk that way, son," the mother replied. "You know you love the puppy and the L's have been lovely to you. They have entertained you all morning."

"Entertained? Entertained!" exclaimed the boy. "They have entertained me for the dog over there to chew on."

### What He Would Do.

It was his first night on guard, and, of course, Mike Flaherty was on the watch against officers and such-like questioning him on his duties.

As it happened, he was at a station guarding a magazine of powder that had arrived during the day. Suddenly the orderly officer came around and, after the usual formalities, commenced to question Mike.

Officer—What would you do if the magazine blew up?

Mike—Go up with the report, sir.

### Of Foreign Growth.

"I studied painting abroad," said the artist, with conscious pride.

"That explains it," said his rustic critic. "I knew I had never seen a cow like that in this country."

### Proof of Her Economy.

"Is your wife economical?"

"Very. Look at the clothes that she makes me wear."

### A Reducer.

"Did your doctor tell you to eat less luxuriously?"

"No. I read the market quotations."

### Its Use.

"Pa, what's a legal technicality?"

"It's a way, my son, of putting down justice by law."

If you would get information from a woman, pretend indifference.

### Evidently Affinities.

"So you think that we were made for each other, do you?" she said.

"Yes," he replied; "I'm heavily in debt, and you've got all kinds of money."—Boston Transcript.

### DON'T GAMBLE

that your heart's all right. Make sure. Take "Renovine"—a heart and nerve tonic. Price 50c and \$1.00.—Adv.

### Loaded Up.

"There's nothing in the man you pointed out to me."

"Nothing in him? Well, when I left him he was on his eighth highball."

### NEWS OF BINGER

Binger, Okla.—"I had one knee hurt in which rheumatism set in. After I was able to walk I hurt my back very badly loading wood. I sent for four boxes of Anurie Tablets and had taken hardly two boxes when I was completely cured. I have not had a twinge of rheumatism since. I know Anurie did me more good than all the other medicine I ever took."

"I let a neighbor have one box. He was down with his back, and it did him a world of good. My mother and father have taken the remainder. They have used Dr. Pierce's medicines for years."—MR. W. B. PHILLIPS, Route 1, Box 72.—Adv.

## COTTON

We handle cotton on consignment only and have the finest concrete warehouses with almost unlimited capacity, where your cotton will be absolutely free from all weather damage. Highest classifications and lowest interest rates on money advanced. Write us for full particulars.

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The oldest and largest exclusive cotton factors in Texas.  
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Buy materials that last

## Certain-teed

Fully guaranteed — best responsibility **Roofing** For sale by dealers everywhere at reasonable prices

**General Roofing Manufacturing Company**  
World's largest manufacturers of Roofing and Building Papers

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Tell your dealer that

**Curtis, Booth & Bentley Co., Oklahoma City**  
are wholesale distributors of Certain-teed Products.

You certainly have pride enough in your baking to justify the exclusive use of the superior

## Heliotrope Flour

The less you know about baking, the more you need Heliotrope quality—the more you know about baking the more you will appreciate it.

The grocer who offers a substitute may really think it is just as good—but it isn't.

**OKLAHOMA CITY MILL & ELEVATOR CO.** OKLAHOMA CITY, OKLA.